

# Win the Day part 3

## “Learn to Eat the Frog!”

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Domino “chain reaction”

*Almost anyone can accomplish almost anything if they work at it long enough, hard enough, and smart enough.*

Habit 3 “Eat the Frog”

*Luke 16:10*

*Psalm 90:12*

According to studies on average 45% to 50% of daily behavior is automatic

“Habitualization” is not just a good thing, it’s a God thing.

Leadership starts with self-leadership, and self-leadership starts with daily habits.

Habit Formation for Transformation

- When was the last time you did a comprehensive evaluation of your morning routine?
- When was the last time you adjusted your alarm clock to get up a little earlier to go after God with more intentionality?
- When was the last time you adjusted your morning routine to accomplish the greater things in your life? (Change your story)

*John 15:4-5*

“Doing things the same way each morning “habitualizes” it—makes it repeatable. It reduces the chance that I would skip it. One less thing to think about.”

The key to sustained growth in any area of our lives, is routine/habits.

If you want to “Win the Day,” you have to identify the habits that have high return on investment and ritualize them through well-designed routines. And then evaluate these with a degree of frequency.

Mark Batterson Win the Day

Eating the “frog” is making time for the important things over and above the urgent things!

Habit Stacking

Habit stacking is coupling our habits with daily rhythms and daily rituals.

Habit stacking is coupling difficult habits with habits that come easy.

*Deuteronomy 6:4-9*

God doesn't just give commands, he couples them with daily rituals/habits, like getting up and lying down.

Pick a habit, any habit. You've got to stack those really hard habits with rituals and routines that come naturally

Habit Switching

*"Take of the old put on the new"*

*Ephesians 4:22-32*

For better or for worse, you are the sum total of your habits. Bad habits always come back to bite us. Good habits always come back to bless us. Either way, you cannot break the law of measures—it will make or break you. *"With the measure you use,"* Jesus said, *"it will be measured unto you."* In other words, *you'll get out of it what you put into it.* And by *it*, I mean anything and everything from your health, soul, your marriage.

Winning the day is about eating frogs....